# THINK BEFORE You SPEAK.

REFLECT on the merits of the different brands of FLOUR be- 4 fore you give & the order to the grocerthe success of the baking depends on the <>

Make the Bread, Pies. Cakes FLOUR.

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quality of the FLOUR you & use. Use CE-RES FLOUR. ▼ERES is 🕾 used by 🛠 all the best cooks. It & contains a greater amount of nutriment than any other 😤 of CERES FLOUR and

makes purer 2. and better BREAD and PASTRY. TWENTY-

five years \$ of success is CERES'record. Be sure to specify CE-We're only wholesalers.

Wm. M. Galt & Co., 2 Wholesalers, 1st and Ind. Ave 3 Secretary of the same



The baby-blood blossoms into perfect youth when

Toasted

Wheat

sweetened with

Malt-Honey Nature's Health Sweet.

They invite, strengthen, satisfy. The genuine bear a picture of the Battle Creek Sanitarium on the package. Others are imitations.

Battle Creek Sanitarium Food Co., Battle Creek, Mich.

Original Manufacturers of Battle Creek Foods.



Vil of Clives only

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LEGHORN, ITALY

## HAVE Culmbacher

O time like the present for having CULMBACHER BEER in the house. The holiday season means many callers, and you want to offer them the best there is. Let CULMBACHER be the beverage and you can rely on their being pleased. A case of CULMBACHER-24 pints or 12

Washington Brewery Co., 4th and F Sts. N.E. 'Phone E. 254.

HOLMES' HOME-

The finest pastry ever made. Delicious fillings—crisp, flaky crusts, baked to a beautiful brown. Mince, Pumpkin or any other kind. Each.. 20c.

Holmes' Bakery, 1st & E sts. Phone 1564.



A bright New York woman, who does her own thinking along industrial and sociological lines, and who, by the way, is one of the few for whom the help problem holds no terrors, was explaining her attitude on the servant question a few days ago to a group of women interested in household economics. "I believe," she said, "that the solution of the vexed problem of how to obtain and keep reliable help lies and see that & in the elevation of the position and the elimination of the old idea that household you get it. All service is in any way a menial or ignoble task. I have had," she continued, "the same two maids, sisters, for a number of years, while their brother is my husband's man. They came to us extremely ignorant, but anxious to learn, and, as you know, they are all devoted to our interests. Last year they were ready to send for their youngest sister to come over-a girl of whom they were very proud-seeming to think she possessed the brains of the family. 'We will not have her to do house-keeping, said one of my maids. 'She knows so much we will have her to study bookkeeping. 'You will do no such thing,' I answered. 'If you do that, the first thing you know she will get the idea that she is better than you in a social point of view, and you will grow apart. If she has brains there is no place where they are more needed than in the kitchen.' The girl came, and I took her myself over to Pratt Institute and showed her through the domestic science department. She was perfectly delighted with all, especially the model kitchen, and jubilant over the idea of taking lessons there. I found her a place near by where the family was small, and they were quite willing that for less wages the girl should have her evenings and an occasional afternoon for taking work at the institute. In this way she has had courses in cooking, plain and fancy, laundry work, marketing and sewing, and is already competent to render skilled, intelligent service.

Not long ago she said to me: 'Why, Mrs.

—, I never realized before how much of

a study housework was. I know now that it requires more brains to cook a perfect dinner than to keep books.' That is it. When the mistress understands herself that there is no vocation above that of homemaking, and is not only willing to put her own best efforts into its achievement, but respect skilled, intelligent service when she finds it in others, the day of domestic emancipation is at hand. If every town had its own domestic training school, with evening classes for those whose duties keep them busy during the day, and the mistress would encourage the maids to take the various courses in cooking, laundry work and general care of house, there would soon be no cause for complaint that the laborer was unworthy of her hire." The old popular idea of the typical clergyman as an ethereal being with visage "sicklied o'er with the pale cast of thought" is happily being rapidly dissipated. The successful preacher of the twentieth century is more apt to be a man of brawn as well as brain, understanding the close corelation between the healthy, well-nourished

body and the clear, active brain. At the New York Cooking School a number of theological students assigned to mission work in foreign fields are taking lessons in cooking as an aid to future self-preserva-tion. Nor are these "men of the cloth" alone. In nearly all the large cities the young doctors are attending invalid diet classes in order to be able to intelligently advise the preparation of proper food for their patients. In the large California universities—Berkeley and Stanford—the professors pride themselves on their ability to cook for themselves on their frequent camping trips in the interests of science, and vie with each other in the concoction of "savory messes." The ranchman, woodsman, plainsman and miner who cannot "bach it" satisfactorily to himself and his friends rests under a cloud of well-merited contempt. One of the best-known asso-ciated judges of Arizona declares that no forensic triumph ever gave him half the satisfaction that was afforded when, storm-stayed in a Colorado mining camp, he turned out a batch of doughnuts for Christmas that elicited the unqualified approval of the entire camp.

The woman who makes a practice of tak-ing lemon juice clear for the benefit of her complexion is making a serious mistake. It injures the teeth and is injurious to the stomach as well. Diluted with water, the acid of the lemon is exceedingly beneficial.

While the traditional plum pudding creathed in flames is usually served at hristmas, one of the many varieties of iced puddings or creams is considered specially appropriate at New Year. Some of these desserts have been known in France these desserts have been known in France since the day of Chateaubriand. Here is a recipe for a delicious fruit cream as given by Mrs. Al'ce Gillette, one of the best cooking teachers in the country: Three cupfuls of milk, one cupful of cream, one large, deep yellow egg, two full tablespoonfuls of flour, one cupful of sugar, one level tablespoonful of gelatine (if the pudding is to be molded), one-haif pound of English walnuts (measured in the shell), one-quarter pound of figs. Soak the gelatine in a little of the cold milk, saving three more tablespoonfuls of the milk to mix with the sugar, flour and cold milk, saving three more tablespoonfuls of the milk to mix with the sugar, flour and egg. Heat the milk to near boiling, and stir in gradually the flour, sugar and egg, stirred in the cold milk. When the custard is cooked add the gelatine, the cream and one teaspoonful of vanilla and freeze. When frozen and ready to pack, remove the dasher, add the chopped figs and nuts and beat thoroughly with a large wooden spoon. If in emptying this from the mold it sticks, put a towel wet in boiling water over the mold to loosen it. Then, if it looks creamy, set on the ice a few moments to harden.

If you wish a tutti frutti ice cream without the trouble of making the cream at home, you can buy a quart of vanilla cream and a pint of pistachio cream at the confectioner's, and pack with the fruit yourself. Ornament a two-quart ice cream mold



with candied fruits, cherries, apricots, citron, peaches, angelica, etc., well steeped in a warm kirschwasser sirup. Over this spread your pistachio cream, then finish filling the mold with the vanila cream mixed with a gill of kirschwasser and candled fruits cut small. Close the mold tightly. putting a layer of paper between the mold and the cover, and imbed in salt and ice for at least two hours before serving.

pressed in countless "teas" and receptions, the small cake plays no inconsiderable part. and the hostess who can furnish something new and home-made in this line may be sure of scoring a success. Ginger pound cake is an old Nantucket dainty that has ever lost its prestige on the island, but is little known outside. Cream together one pound of sugar and a half pound of butter, add one pound of flour, one teaspoonful of ginger and six eggs, whites and yolks beaten separately. Bake very thin, in square-cornered pans. As soon as taken from the oven sift fine sugar over it and cut into squares and diamonds.

Peanut wafers, while not especially new, are always welcome. Make ready two quarts of peanuts, shelled "skinned" and chopped or pounded. Beat to a cream one cupful of sugar and one-half cupful of butter. Add three-quarters of a cup of milk, two small cupfuls of sifted flour, and one and one-half teaspoonfuls of vanilla. Butter a tin sheet, or the bottom (outside) of a dripping pan, and spread the dough over it in a thin layer, using a knife or spatula. Sprinkle thickly with the nuts and bake. As soon as removed from the oyen, cut in squares and take from the tin.

Almond macaroons are made in this way: Beat together the whites of three eggs and a half cup of powdered sugar, adding the sugar little by little. Then whip in half a pound of almonds, blanched, dried and pounded to a paste, with one teaspoonful of rose water and a half teaspoonful of almond extract. If too soft to be shaped, add a tablespoonful of flour and roll into balls the size of a walnut. Flatten with a spoon, line a broad baking pan with buttered white paper, and place the macaroons on it some distance apart to prevent their running together. Sift powdered sugar over them, and make to a delicate brown.

Here is a reliable recipe for the spice fruit cake you ask for: One cupful of butter, two cupfuls of sugar, four eggs, whites and volks beaten separately; one cupful of coffee, three and one-half cupfuls of pastry flour, one and one-half teaspoonfuls of baking powder, one cupful of currants, one-half cupful of raisins, seeded and chopped; onequarter cupful of citron, sliced thin (all the fruit must be floured to prevent its sinking); two teaspoonfuls of molasses or melted chocolate; to color, two teaspoonfuls of brandy; one teaspoonful each of nutmeg, cloves and cinnamon. Rub the butter and sugar to a cream, add the yolks of the eggs; coffee and flour sifted with the powder. Beat well. Then add the whites of the eggs, the floured fruit and spices and mix into a smooth, rather firm batter; put into a paper-lined cake tin and bake in a siow, steady oven. Anise cakes or sprinkles call for a cup of butter and two cups of sugar, beaten to a cream; three tablespoonfuls of sweet milk and two tablespoonfuls of anise seeds. Sift two cupfuls of flour and two even teaspoonfuls of baking powder together three times; then beat into the butter, sugar and milk. If the batter is not as stiff as you can beat it, add a little more flour, and turn out on a floured board Dredge lightly with flour and roll out until almost as thin as a wafer. Cut into round or oblong cakes, sprinkle with seed, and bake. Caraway seeds may be substituted

#### GLASS TABLE WARE.

#### Competition Among Manufacturers to Get the Best Designers.

From the Pittsburg Post. In spite of the assurances among the tableware glass manufacturers that an agreement has been secured to prevent a price war after January 1, a good many of ward to a lively season in 1902. The meeting of the jobbers during the present week in this city and the partial exhibit of new designs of glassware by a number of the manufacturers resulted in the placing of flour than butter it should be made in a distribution of the liquid made hat and additional to use. It some large orders. It is claimed they were double boiler, the liquid made hot and addplaced at prices below what has been considered the standard. There is a muttering of discontent and a threat of breaking away from the rules in force.

The chief point gained by the independent concerns thus far, according to some of the jobbers, has been their designing effects. The trade seems to have drifted away from the standard of greatest economy in production, to the best designing for its strong-hold. New designing departments have been established in nearly all the plants. and special efforts have been made to outdo

each competitor.
One of the manufacturers said the race among the trade for fine designers and art decorators has been so keen that the best of these had been stolen from one factory by another, until scarcely one old hand retains his position for any length of time, Owing to this condition of affairs, it is said that the larger companies have been forced to reorganize their departments considerably. The National Glass Company, which inaugurated the competitive design contest and offered prizes last year for the best art shown by designers, laid the foundation for the present struggle for su-premacy, and all of the other concerns have lowed the big concern with enthusiasm. The result of the designers' work is to be exhibited at the general display of all manufacturers, which takes place here in

#### Freight Traffic Expansion. From the Philadelphia Record.

The enormous concentration of iron and steel production in the Pittsburg district, as a result of vast industrial combinations, has created new problems in transportation of more than local importance. An output of heavy freight, every ton of which must be handled by railway companies or river steamship lines, has increased within six years past from 40,000,000 tons annually to over 66,000,000 tons in 1900, with an estimated total for 1901 of 73,250,000 tons. Of this the raflroad companies must carry all but about 9,000,000 tons. The latter figure is nearly the full annual carrying capacity of the Ohio river outlet to gulf ports, so that any increased traffic must be provided for by existing railway transportation com-panies. Instead of declining, as was anticipated last year, the outward movement of freight from the iron and steel center keeps ven pace in advance, and would clog the channels of transportation but for extraordinary efforts by railway managers to relieve the situation.

## Baden-Powell's Idea for Cavalry.

From the London Express. Baden-Powell's brain is never still. H's versatile nature is ever improvising and improving. The stern needs of war have shown him many plans to help cavalrymen in action, and one of the most important is a method to hold horses in action against stampeding. He has just been asked to submit his plan to the war office. The idea is simplicity itself, and, seeing that it allows every man to go into action, has been favorably received by the war office offic'als. The system is that of leaving the reins simply undone on the offside of the horse's bit, the nearside being left fastened. The rein is then fastened to the nearside stirrup, so as to give just sufficient pulling power on the horse's mouth to keep it moving in a small circle, if it is inclined to move at all. In this way, it will be seen that all possibility of a stampede is done away with, as the horse cannot move in a

#### straight direction. Danger in Too Much Study.

From Leslie's Weekly. A writer in the Medical Record sounds a wise and timely note of warning in regard to dangers of rushing young children too rapidly through their studies. He declares that our modern educational system is greatly at fault in laying too much stress upon examinations, and in developing the minds of children too often at the expense of their vitality and health. The stress of modern education, he says, has enormously taxed the brains of children by the multi-plicity of studies. Children cannot assimi-late the ideas in widely differing departments of knowledge at one and the same time. The effort to do so deranges in many instances the entire nervous system of the child. The so-called nervous child is not only not normal, but may be the victim of the education methods of the present day.

"Is your friend Writem a literary man?"

## Table and Kitchen.

Vegetable Soups and Purees and the Comfort They Give.

for which almost any vegetable is suitable, the digestibility is greatly increased. while the food value is not lessened. The most highly nutritious of this class of foods are made from the leguminous vegetables, which are known under the general term of pulse, including peas, beans, lentils etc. This class of vegetables require fat only to make them sufficient for a complete meal.

The percentage of proteids contained in the three mentioned pod-bearing vegetables is much larger than that of meat. While the quality is not the same it is in no wise inferior, and the proteid needs of the body-the tissue-building-can be supplied by these, as is proven by the physical condition of those who, from necessity or choice, depend largely on the legumes to furnish these necessary elements of food.

The Digestibility of Vegetable Soups In order to make these soups perfectly digestible for indoor workers as well as for those who live an out-door life and are more vigorous, the large amount of cellulose of the tougher sort must be subjected to a thorough slow and continuous cooking to free it from the proteid and starch of

the vegetable.

The older vegetables are usually utilized for such soups as purees, so that the skins and tough cellulose may be eliminated by the sifting process necessary for these

Plain Vegetable Soup. These may be made entirely of vegetables; the broth supplied by browning the vegetables in a little fat or butter, adding water and cooking as gently as possible for at least three hours. Or the vegetables may be cooked slowly in a very little water and the broth from scraps of meat and bones added to it.

#### Cream of Vegetable Soups. A cream of vegetable soup is a very thin

very soft and then pressed through a colander or sieve. Peas and beans need a very fine sieve-such as comes for this purpose. The water in which the vegetables are cooked with the addition of broth or stock with vegetable pulp and seasoning and a slight thickening of flour and but-ter make the puree, and the addition of milk or cream to these makes the cream of vegetable soup. Peas, beans and lentils are sufficiently nourishing without the addition of milk; a little cream may be added if a cream soup is desired. The flour or cornstarch is used to give the soups a creamy, smooth consistency and prevent their set-tling. The flour or starch and butter are thoroughly blended together and this is called the "binding" that holds the solid and liquid parts together in soups or sauces. Egg beaten with cream is often added to these soups to make them richer. The egg and cream are put into the soup tureen and soup poured over them.

The Proportions Used in Making These

The general proportions are one quart of liquid, water, stock, broth or milk; two cupfuls of the vegetable pulp, two level tablespoonfuls of butter, two level tablespoonfuls of flour, a level teaspoonful of salt and pepper to taste. When using starch flour mix it with cold water instead of butter. Corn or wheat starch is used in cream of tomato soup, as they make a clearer soup than plain flour. Cold cooked vegetables may be used for these soups. They should be moistened with hot liquid so they can be the independent concerns are looking forbeen thrown away use fresh broth, or stock, or hot milk. Measure the cold vegetables before adding the liquid to them in order to determine how much to use. If butter until it is liquid and smooth; then

### White Bean Soup.

Soak one cup of white beans over night in lukewarm water. In the morning drain, place in a baking dish with five pints of boiling water. Cover and let them cook gently for five hours, or until they are very tender. When done rub them through a sieve; add a tablespoonful of tapioca-if the pearl is used-soak over night. Add enough water or stock to make the soup of proper consistency and a tiny pinch of powdered thyme with salt and pepper to taste and a piece of butter the size of a walnut. Let cook gently for half an hour.

## Vegetable Soup.

Put any bones left from roast beef in a soup kettle with a small, thin slice of ham cut into strips. Cover with as much water as is needed for quantity of soup to be served. Set over the fire and when it boils add potatoes, carrots, celery, a small onion, a small head of cabbage and a yellow turnip. Cut all the vegetables except the onion into small pieces. Cook gently for two hours and a half, then remove the bones; season to taste and serve.

## Another Vegetable Soup.

Chop fine three onions, three carrots, three turnips; put into a soup kettle with three quarts of boiling water and simmer half an hour, then add a cabbage chopped fine and a pint of stewed tomatoes. When green vegetables are in the market add one or two green bell peppers chopped fine, carefully removing the seed. Add a bunch of sweet herbs and let the soup simmer for twenty minutes, or until the vegetables are tender. Press through a sieve, return to kettle, bind with the flour and in propor-tions given above; add a teaspoonful of sugar and a cup of sweet cream if you have it and let it boll up; season to taste with salt and pepper.

## Julienne Soup.

Cut one medium-sized carrot into shreds or fancy shapes with a vegetable cutter; also a small turnip; chop a stalk of celery, a core of lettuce and an onion rather .. ne. Fry the onion a delicate brown in a little butter, then add the carrot, turnip and cel-Add to them a teaspoonful of sugar and cover with a pint of boiling water and simmer until tender. Then add one quart of brown stock, a cup of peas and few green lettuce leaves shredded; season and heat very hot and serve.

## Tomato Soup.

Cut quarter of a pound of raw ham into small pieces and fry brown with a small onion; add a can of tomatoes, a small bay leaf and a stalk of celery. Simmer for fifteen or twenty minutes. Then press through a sieve; add a quart of stock and let it boil up; then season with salt and pepper and a teaspoonful of sugar. If the tomatoes are very sharp add as much soda as you can put on a ten-cent piece, dissolved in a little warm water.

## Onton and Cucumber Soup.

Take three good-sized cucumbers and two white onions; peel and slice them. Cover with a pint of boiling water and a pint of white stock, chicken or yeal, and simmer for one hour; then rub through a sieve. Keep hot while you scald a pint of milk in a double boiler. Pour this over a paste made of two tablespoonfuls of flour and one of butter; return to double boiler and add the vegetable pulp; season to taste and let cook a few minutes. Serve with croutons Bisque of Turnip.

#### Put one pound of soup meat into a kettle with one quart of cold water; add an onion and four good-sized yellow turnips and

simmer for one hour. Then press the vegetables through a sieve; return to the ket-tle, add one pint of milk, season to taste with salt and pepper, bring to boiling point Puree of Pens. Canned peas can be used for this. Add one quart of white stock of water to one pint of peas; a slice of onion, a small bay leaf, sprig of parsley and a small sliced carrot. Simmer until the peas are quite

soft, then press through a sieve; return to

the saucepan, season with salt and pepper and let it boil up. Add a cup of cream or a tablespoonful of butter and serve. A sprig of fresh mint added to the peas in-stead of the onion and bay leaf gives a pleasant flavor. tream of Corn Soup. Put one can of corn in a saucepan; cover | to the Screamer."

with one and one-half pints of water and simmer gently for an hour. Then press through a sieve. Scald one and one-half pints of milk and pour over a "binding" made of one tablespoonful of butter and one tablespoonful of flour. Return to dou-ble boiler, add the corn pulp, season with salt and pepper; add half a cup of cream if you have it; heat very hot; take from the fire and add a beaten egg just before serving. The cream may be whipped, and it. with the egg, put into the soup tureen and the puree poured over them. The egg may

be omitted, also the cream, if you desire a plainer, less expensive soup. Boiled Fowl.

When fowls and turkeys are old and tough the better way is to boil them until nearly done, then put them in the oven to brown. This will make them tender, julcy and almost as fine-flavored as the roasted young chicken or turkey. But many consider boiled fowl rather insipid when not

Menus. SUNDAY. BREAKFAST. Jellied Apples, Cream. Frizzled Ham,

Cream Gravy, German Fried Potatoes. Maple Sirup. DINNER.

Clear Soup, Giblet Sauce, Roast Duck, Mashed Turnips, Baked Sweet Potatoes,
Waldorf Salad,
Orange Fritters, Wine Sauce,
Coffee.
SUPPER.

Creamed Lobster, Tomato Jelly and Nut Salad, Canned Fruit, Cake, Cocoa.

MONDAY. BREAKFAST Cereal. Cream. Boiled Salt Mackerel, Creamed Potatoes, Coffee.

LUNCH. Olives, Wafers, Duck Salad, Cottage Cheese, Orange Jelly, Cake.

DINNER. A cream of vegetable soup is a very thin puree. The vegetables are cooked until Beef Steak Pie, Sweet Potatoes, Boiled Dressing, Coffee. Cabbage Salad. Pumpkin Pie,

TUESDAY. BREAKFAST.

Fruit, Cream, Cereal, French Fried Potatoes, it, Coffee. Broiled Chops, Milk Biscuit, Milk Biscuit, Coffee.

LUNCH.

Tomato Soup,

Ham Croquettes, Cream Sauce,

Stuffed Potatoes,

Stewed Fruit, Little Tea Cakes,

Cereal Coffee,

DINNER.

Cream of Pea Soup, Roast Saddle of Mutton, Spinach, Mashed Potatoes, Beet Salad, Cranberry Trifle, Coffee. WEDNESDAY. BREAKFAST.

Cereal. Cream. Plain Omelet, Griddle Cakes, Bacon, Honey, Coffee. LUNCH.

Bean Puree, ts, Sauce Tartare, Fried Smelts, Sauce Combination Salad, W. Cheese, Cereal Coffee. Wafers,

DINNER. Clam Broth, Chinese Ragout, Candied Sweet Potatoes, Fruit Salad, Wafers, Cheese,

Coffee, THURSDAY. BREAKFAST.
Sliced Bananas and Oranges,
at Cakes, Brown Sauce,

Meat Cakes, Baked Potatoes, Coff Toast, Coffee. Macaroni Balls. Sardine Salad,

Apple Custard. DINNER. Vegetable Soup, Chicken Pot Pie, Rice Balls,

Creamed Onions. Lettuce, Prune Whip,

#### TEETH IN WARFARE. England's Experience in Africa Shows Need of Military Dentistry.

From the London Pall Mall Gazette. After twenty-one months' fighting four dental surgeons have been sent to South Africa to attend to the teeth of the army. Thus does the war office put forth stupen-

dous efforts to atone for past ineptitude. In an army of a quarter of a million men these four surgeons should be kept tolerably busy. No soldier who has campaigned six months in Africa will, if he be wise, neglect a chance of having his teeth examined. Each surgeon therefore will have a clientele of 62,500 officers and men. Assuming that on every day of the week, including Sundays, thirty men are treated by each dentist, the teeth of the army will have been overhauled and the work of fil-ing, excavating and filling completed in something over sixty-nine months. It should console a man on active service suffering today from toothache in a precious molar, which he can ill-afford to lese, to know that he will not be troubled with the agonizing pain later than April, 1307.

In the unequal struggle between trek ox and biscuit on the one hand and mere human teeth on the other, not 5 per cent of the men of my company came through scatheless. In many cases the damage was slight; in others, where the teeth were naturally weak and brittle, the mischief done was irreparable. Even with an average set, straining on an average biscuit, you never felt quite certain which would be the first to go-your teeth or your biscuit.

#### The Nation's City. "It seems to me that the present condition

of the water supply of the city," said one of the winter residents, "will convince Congress that the present is not the time to economize in appropriations for completing a filter system. All the members of the national legislature, as they are obliged to live here during the sessions of Congress, are, of course, affected by local conditions. as is demonstrated just now in regard to the water, and this only furnishes another illustration of the fact that is recognized by all who have given the subject any thought, that this is a national city in the sense that it is the home of the national government and under its control. At the same time there are people who make their homes here and whose interests are here, constituting a community that is yearly growing in numbers and importance. These people pay taxes, as do the residents of other places. It is therefore apparent, as I work it out in my thought, that here in Washington there are two elements of what is known as civic feeling. One comprises the members of the national legislature and the other the residents here. What is needed, in my opinion, in the present financial emergency, is united and har-monious action on the part of both, and in that event the best interests of the entire District will be subserved."

#### Beyond Classification. From the Louisville Times.

The dodo will bite, the worm will turn. At one fashionable boarding house a young lady who daily ate hash with the other guests, acquired quite a reputation for odd table manners. They were unique. She would haul any dish she fancied up to her place and eat it, regardless of the ugly glances of the others. They might cry out, "Help, help, help, or help wanted," despairingly, but they never got it. One morning at breakfast her mamma saw a stern look of disapproval on the face of a new board-er, a swell young man. "Mr. Hightone," she began, suavely. "I trust you will pardon my daughter's bad manners."

"Bad manners," exclaimed the indignant dude, "why, she hasn't any manners at

Honest Pride. From the Chicago Tribune.

"Did you see those bright things I had in the last issue of the Illustrated Screamer?" "Not that I know of. What were they?" been a great deal of care taken to get paper having 2- pice (three farthings)." Their manufactured expressly for the notes is motto was evidently small profits and quick to the Screamer,"

The Label is Proof —and the

PURE AS MOTHER MADE IT MOTHER'S BREAD CORBYS

# 66 Mother's Bread.

 Don't accept the loaf without the label. It is proof of the genuine—the guarantee that you are getting "Mother's Bread."

-"Mother's Bread" is on sale at almost every grocery in the city. It is utterly impossible to get a stale loaf of "Mother's Bread," because we deliver it fresh three times a day, and if any loaves are left over we take them away. Seldom any left, though.

"Mother's Bread" is displacing the made-at-home bread in thousands of homes, because it is better than any homemade bread ever baked.

A scientific process, protected by letters patent, enables us to develop at least 20% more gluten in "Mother's Bread" than was ever before possible. It is this wealth of gluten that makes Mother's Bread so healthful-so nutritious-so wholesome

Make up your mind to try "Mother's Bread." Don't be deceived by imitations. Look for the label-it's positive proof of the genuine.

## Grocers Speak Well of "Mother's Bread."

Outsells All Others.

I handle 50 loaves of

"A Story Without

Words." "Here's a picture without words-Mr. B. F. Craycroft and myself. We both eat Mother's Bread. We tip the scales something over two hundred pounds each now. If we stopped eating Mother's Bread we would drop down to about one hundred

only proof

-of the

genuine

"Then you think it is pretty good bread?" "Eighteen carat, sure." "Sell a good deal of it?" "About 90 per cent of our "About 90 per cent of our bread trade is Mother's Bread. Here's a story that tells the virtue of Mother's Bread. A customer came in one day and said: 'I don't want any more Mother's Bread. My boarders eat too much of it. They eat it like cake. I run a boarding house. It would ruin me.'"
"Did she stop?"
"Yes, stopped and switched."

J. C. CRAYCROFT,

and thirty-six."

J. C. CRAYCROFT, 12 C st. n.w.

Corby's Mother's Bread every day, which is more than I sell of any other kind, and I consider it the best bread we sell. A. J. HUGHES & BRO. 15th and L ets. n.w.

We have handled Corby's Mother's Bread since it was first introduced and have never had a complaint; trade on it is increasing.

GEO. SULLIVAN,

12th and T sts. n.w.

Handles Fifty Loaves

a Day. We handle Corby's Mother's Bread, about fifty loaves per day; it gives the best satisfaction, and I think it is the best bread made.

P. F. CARLEY,
1158 19th st. n.w.

Much. "Now give ME three loaves of Mother's Bread, "Now give ME three loaves of Mother's Bread, said a little girl at the counter of G. W. Sanford's store, when another little girl had gone away with her loaves. It seemed to be almost a bargain rush in Mother's Bread, for while Mr. Sanford was saying, "I sell three times as much of Corby's Bread as I do of any other five-cent bread, and if I hadn't two or three friends in the baking business I could sell twice as much as I do of it," a small boy broke in with, "Gimme a loaf of Mother's Bread."

And after he had been supplied Mr. Sanford went on: "The sale of Mother's Bread increases with me right along."

"Is it the best bread on the market?"

"It must be. The proof of the bread is its sale. Families that buy Mother's Bread won't take any other, even if the stores are closed."

GEO. W. SANFORD.

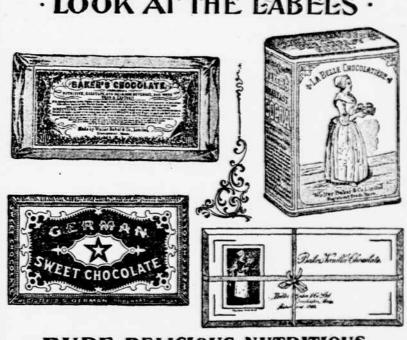
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PURE-DELICIOUS-NUTRITIOUS ESTABLISHED 1780 WALTER BAKER & CO. Limited TO DORCHESTER, MASS. FOR

THREE GOLD MEDALS PAN-AMERICAN EXPOSITION

DETECTING BAD MONEY. Bank Clerks Identify It, Often Without Comprehending Just Why. From the Kansas City Star.

Is seems wonderful to the casual observer that cashiers, bank tellers and others who handle large amounts of paper money are able, at a glance, to detect a bad note. Exactly what it is that does expose the counterfeit the best experts find it difficult to tell. They say they know it instinctively. They judge not only by the looks of the note, but by the "feel" of it. It is obvious that a counterfeit note must be widely circulated to make it profitable. No sooner does a counterfeit appear than its description is widely published. Those who are likely to suffer by taking counterfeit notes make it their business to be on the lookout for new ones, which are soon distinguish-

able by some easily discovered mark. A teller knows of just what denominations are the counterfelts, and just where to look for the tell tale marks. He detects the spurious notes as easily as the reader does a misspelled word. It is no particular effort. It is a habit. The principal reason why counterfeits are so easily detected is because in some feature they are almost uniformly of inferior quality. This is, indeed, the main protection of the public. Genuine notes are engraved and printed almost regardless of cost, and the very best materials are used in the engraving and printing. It is done in large establishments, with costly materials, and by the best workmen. It is practically impossible for counterfeiters to do as well. They must work in secret and at a disadvantage, and of necessity cannot have the experience to produce such perfect work. If they get why counterfeits are so easily detected is produce such perfect work. If they get the engravings done nicely they fail in the printing, or if they get the engraving and printing done well they fail in securing the proper paper. Of late years there has been a great deal of care taken to get paper

bank notes are also issued by the government, so that the sources of supply for exactly that kind of paper are controlled.

GODDESS OF SMALLPOX.

In Her Honor Thugs Kill 30,000 Per-From the Boston Post.

The divinity worshiped by the Thugs of India is appropriately enough the goddess of smallpox. Thagi (or Thuggee), the only religion that preaches murder, is not yet extinct. It appears, in fact, of late years to have been actually on the increase. In the Punjab there were two cases of murders by Thugs as late as 1896, while in Cen-

tral India the increase in the last three or four years is startling. About seventy years have passed since two young English officials agreed that the day of retribution was come for the followers of the goddess Kall. There were at that time at least 10,000 Thugs wandering un-molested over the surface of India, who earned a livelihood by murdering their fellow-men. They lived in this way partly be-cause it was their religion and partly be-

cause they preferred murdering to either working or begging. As each Thug killed, on an average, three men a year, some 30,000 people, mostly under British rule or protection, vanished into the earth every year. Such figures seem incredible, and yet officials of the time say that they are probably under the mark. The Thug would set out on his business with the quiet earnestness of one who is merely doing his duty and would brutally

merely doing his duty and would brutally murder twenty or thirty victims not only with an easy conscience, but with the calm self-approval of a successful practitioner. Nor was he at all grasping in his dealings. The celebrated Thug Shumsherah deposed that "S annas (a shilling) is a very good remuneration for murdering a man. We often strengle a victim who often strangle a victim who is suspected of